



2026-2028
SIXES LACROSSE
OFFICIAL PLAYING RULES

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The Official Rules of Sixes Lacrosse provide all the guidelines needed for fair and consistent play across different levels and age groups. These rules are designed to keep the game fast-paced, exciting, and safe.

- Players are responsible for being physically and technically ready to play, following the rules, and participating with a focus on safety and enjoyment.
- Coaches must ensure their players know and respect the rules, practice good sportsmanship, and use safe playing techniques.
- Officials are tasked with enforcing every rule fairly, with integrity, and without bias in all games.

Governing bodies and organizations must promote safe environments, disciplined conduct, and sportsmanlike behavior at every level of Sixes.

Fair play is a shared responsibility—officials, players, coaches, and organizations all contribute to maintaining the integrity of Sixes Lacrosse, making it a positive and enjoyable experience for everyone involved.

ACKNOWLEDGEMENT

We gratefully acknowledge the dedicated efforts of the Rules Committee and the Sixes Rules Working Group members for their invaluable contributions to the development of this rule book. Their expertise, commitment, and collaboration have been essential in advancing the game and ensuring the clarity and integrity of these rules.

ABOUT THIS BOOK

AUTHORITY AND IMPLEMENTATION

The Official Rules of Sixes Lacrosse have been endorsed by the Rules Committee of World Lacrosse, under authority from the World Lacrosse Board of Directors, and incorporate changes approved by members at the Sixes Rules Assembly.

These rules apply to all World Lacrosse competitions, qualification events, and other international games as defined by World Lacrosse. Each National Governing Body may set its own timeline for implementing these rules at the national level and may adapt the Sixes Rules to meet national needs. In doing so, World Lacrosse encourages National Governing Bodies to prioritize player safety and the integrity of the game.

In the event of any inconsistency between the official English-language version of the Sixes Rules as published by World Lacrosse and any translations or other versions, the English-language version will govern.

All participants in games governed by these rules are expected to have read and comply with them in full. Players must ensure that their equipment is safe and not hazardous to themselves or others, and World Lacrosse expressly disclaims liability for any loss, cost, or damage arising from equipment defects or rule violations.

ABOUT THIS BOOK

Generally, the Official Rules of Sixes Lacrosse apply equally to women's and men's games. Where a rule is specific to a discipline, it is denoted with a "W" (for Women) or "M" (for Men) as part of the numbering and applies only to that discipline. Such variations are clearly indicated as follows:

100.1 Rule Text: Applies to both Women's and Men's disciplines.

100.1W Rule Text (Women's): Applies to Women's discipline only.

100.1M Rule Text (Men's): Applies to Men's discipline only.

Key rule changes throughout this book are clearly identified by a screened or highlighted background across the relevant rule.

For any questions regarding the interpretation or clarification of the World Lacrosse rules of play, WL Members, Athletes, Coaches, and Officials are encouraged to submit their inquiries using the official form found on the [World Lacrosse Rules Page](#). All requests are monitored by the Chair of Rules and World Lacrosse Staff. Submissions will be regularly reviewed, and official interpretations or clarifications will be posted on the World Lacrosse website for public reference.

THE GAME

Sixes Lacrosse is played by two teams of six Players each. The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring. The ball is kept in play by being carried, thrown or batted with the stick, or rolled or kicked in any direction, subject to the restrictions described in the following Rules.

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SECTION ONE

THE PLAYING FIELD



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SECTION ONE – THE PLAYING FIELD

Rule 1.1 FIELD DIMENSIONS

Note: See Appendix A for a detailed field diagram

1.1.1 FIELD

The playing field for all World Lacrosse events and those events recognized and/or approved by the World Lacrosse shall be rectangular, 70 m long and 36 m wide.

Note: Out-of-bounds lines shall be measured from the inside edge of the line; field lines (e.g., midfield line, etc.) shall be measured from the center of the line.

Note: The field dimensions may be adjusted between 55 – 75 m long and 35 -55 m wide for events neither recognized nor approved by World Lacrosse.

When field markings do not conform to the “Lacrosse Field of Play” diagram or are of incorrect dimensions, the following shall apply:

- Notification to the Home Team Head Coach.
- No penalty will be assessed if corrections are made before designated game time.
- A Minor foul (Visiting Team Team awarded ball) will be assessed if the corrections delay the start of the game.
- Two-minute major penalty if Home Team is unable to or refuses to make corrections.

Once the game has commenced, it is assumed that all physical playing conditions have been accepted by both teams and the officials, and the game shall be played with these conditions, except for minor corrections such as a hole in net, etc.

1.1.2 LINES

The boundaries of the field shall be marked with white or contrasting-colored lines. The long sides of the field shall be designated sidelines; the short sides shall be designated end lines. A line shall be marked through the center of the field perpendicular to the sidelines. This line shall be known as the center-line and shall continue through any logos or other markings. The center of the field shall be marked with a 10 cm circle, square or X (the “center marking”). Through this center marking there shall be a line in length, parallel to the end lines. The center marking shall be surrounded by a draw circle 5 m in radius. All lines shall be between 5 and 10 cm wide. The goal line shall be 5 cm wide. The center-line shall be 10 cm wide. Cones or pylons shall be placed at the four corners of the field, at each end of the Substitution Area, and at that end of the center-line which is opposite the bench area. The cones or pylons shall be at the outside edge of the boundary lines.

1.1.3 PENALTY DOT MARKING

There is a penalty dot permanent field marking. The center of the penalty dot is located 2 m from the center-line and 5 m from the sideline (see diagram). The recommended radius of the penalty dot is between 10 cm – 20 cm. The penalty dot is located on the table side of the field.

SECTION ONE – THE PLAYING FIELD

1.1.4 ZONES

The playing field shall be divided into two zones. The portion of the surface in which the goal is situated shall be called the “Defensive Zone” of the team defending that goal, and the portion farthest from the defended goal as the “Offensive Zone”. The center-line divides the two zones. What is one team’s Defensive Zone is their opponent’s Offensive Zone, and vice versa.

Rule 1.2 THE GOALS

1.2.1 GOAL DIMENSIONS

Each goal shall consist of two vertical posts joined by a rigid crossbar. These posts shall be 1.83 m in height and width, all inside measurements. The pipes shall have an outside diameter of approximately 5 cm. The goal posts shall be supported by flat metal bars, no more than 1.27 cm thick.

1.2.2 GOAL PLACEMENT

The goals shall be centered relative to the width of the playing surface and 25 m from the midline.

1.2.3 GOAL COLOR

Goals shall be orange in color.

1.2.4 NETTING

Each goal must be fitted with a pyramidal shaped cord netting which shall be fastened to the goal posts, the crossbar and the flat metal bar to prevent the passage of the ball. The mesh of the net shall not exceed 3.80 cm. Goal nets may be any solid color, preferably white. The netting may have an Advertising Goal Skirt attached as per outlined in Appendix E.

Rule 1.3 THE GOAL CREASE

1.3.1 GOAL CREASE DIMENSIONS

Around each goal there shall be plainly marked a circle known as the goal crease. The goal crease is a circle with a radius of 3 m. The mid-point of the goal line is the center point of the goal crease circle.

1.3.2 GOAL LINE

A 5 cm wide line shall be drawn between the goal posts to indicate the plane of the goal, and it shall be designated the goal line.

Rule 1.4 THE TIMER & SCORER AREA

1.4.1 TIMER AND SCORER LOCATION

The timer’s table shall consist of the Official Timer, the 30-Second Clock Operator, the Official Scorer and any assistants. The timer’s table shall be placed at least 5 meters from the sideline at the center-line on the same side as the Players’ benches. The Timer’s Table and Chairs for the Scorer/Timer’s should be placed on a raised platform and covered with an awning to protect the Timers and Scorers from the elements.

SECTION ONE – THE PLAYING FIELD

1.4.2 PENALTY AREA

The Penalty Area shall consist of two seats for each team adjacent to the timer's table.

1.4.3 SHOT CLOCKS

Two 30-second visible shot clocks are required for use in all games and shall be located at each end line so that they can be easily seen by players and officials.

Rule 1.5 THE TEAM BENCH AREA

1.5.1 BENCH AREA SPECIFICATIONS

The Team Bench Area will extend 10 m parallel from the Substitution Area and extend at least 5 meters from the sideline. Benches for the competing teams shall be placed in a Team Bench Area at least 7.5 m from the sideline.

1.5.2 NON-PLAYING PERSONNEL ON BENCH

Only Players in uniform, the Head Coach, and two non-playing personnel shall be permitted to occupy their Team Bench Area. No other team personnel or spectators shall be located within 5 m of the bench or sidelines and are not permitted in the Team Bench Area. The Head Official will instruct the Head Coach to order the removal of any offending individuals from the Team Bench Area. After such warning if the team does not conform, or the offending individuals return to the Team Bench Area, a foul will be imposed on the offending team.

1.5.3 THE COACHES AREA

A dotted line shall be placed 5 m from the sideline, within the 10 m Team Bench Area. It shall be parallel to the sideline and extend the length of the Team Bench Area.

Rule 1.6 THE SUBSTITUTION AREA

1.6.1 DIMENSIONS

A Substitution Area of 10 m long and 5 m in depth from the sideline is situated between the Team Bench Areas. Only Players in process of imminent substitution should be in this area.



SECTION TWO

EQUIPMENT



SECTION TWO – EQUIPMENT

Rule 2.1 THE BALL

2.1.1 COMPOSITION & DIMENSIONS

The ball shall be solid, predominantly smooth, and have an elastomer-type composition. The circumference of the ball will not be less than 19.7 cm or more than 20.3 cm. The ball shall weigh between 141.75 g and 148.83 g and when dropped onto a hard wooden floor from a height of 1.83 m, shall bounce to a height of between 114.3 cm and 124.46 cm.

2.1.2 COLOR

The ball may be any solid color as provided by World Lacrosse. No colored markings may be on the ball. Molded impressions/engravings, such as manufacturer logo, event logo, etc. are permissible.

2.1.3 GAME BALLS

Balls shall be supplied by the Home Team or the organizer of the event. The ball in use at the end of the game shall become the property of the winning team. The Home Team shall supply an adequate number of balls. A minimum of six balls shall be available at each end line and sideline. The number of balls in each area shall be equal. On the bench side, balls shall be placed at the scorer's table and outside each bench area. These balls shall be replenished by the Home Team or organizer of the event throughout the game.

Rule 2.2 THE STICK

2.2.1W THE FIELD STICK (WOMEN'S)

A field stick is legal if:

- The overall length of the stick is between 90 cm minimum to 110 cm maximum.
- The overall length of the head is 25.4 cm minimum.
- The overall inside width of the head, when measured at its widest point, is a minimum of 15 cm.
- The shaft of the stick shall be constructed of wood, metal alloy, or other composite material and it must be nominally straight.
- The butt end of a stick must be adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.
- The top of the ball, when dropped into the pocket of a horizontally held stick both front and back, is visible above the top of the entire wooden or plastic sidewall.
- The ball does not become lodged in any part of the pocket.
 - To ensure the ball moves, the official will tilt the stick in both directions so that the ball moves from the ball stop to the scoop and out of the stick.
 - The ball must not become wedged between the walls, under the guard or under the bridge of a wooden stick, or in the ball stop, or under the walls of a plastic/molded head stick.
 - The ball must fall out of the pocket of the stick when the stick is turned upside down.

SECTION TWO – EQUIPMENT

2.2.1M THE FIELD STICK (MEN'S)

A field stick is legal if:

- The overall length of the stick is between 100 cm minimum to 110 cm maximum.
- The overall length of the head is 25.4 cm minimum.
- The overall inside width of the head, when measured at its widest point, is a minimum of 15 cm.
- The shaft of the stick shall be constructed of wood, metal alloy, or other composite material and it must be nominally straight.
- The butt end of a stick must be adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.
- The top of the ball, when dropped into the pocket of a horizontally held stick both front and back, is not visible below the bottom edge of the sidewall.
- The ball does not become lodged in any part of the pocket.
 - To ensure the ball moves, the official will tilt the stick in both directions so that the ball moves from the ball stop to the scoop and out of the stick
 - The ball must not become wedged between the walls, under the guard or under the bridge of a wooden stick, or in the ball stop, or under the walls of a plastic/molded head stick.
 - The ball must fall out of the pocket of the stick when the stick is turned upside down.

2.2.2 GOALKEEPER STICK

The stick of the designated Goalkeeper shall be an exception to Rules above regarding length and width. The designated Goalkeeper may use a stick that measures from 15.24 cm up to 38.10 cm inside measurement at its widest point and shall have an overall length from 100 cm up to 140 cm for Men and 90 cm up to 140 cm for Women.

Rule 2.3 STICK CHECK

2.3.1 STICK CHECK REQUEST

A team's Head Coach may request the inspection of any stick of the opposing team that is on the field of play only during a timeout or normal stoppage in play as defined in Rule 5.3.2. No stick checks may be requested in overtime.

Note: If a stick check is requested and the stick is found to be legal, a major foul will be assessed against the team requesting the stick check. The In-Home will serve the foul.

2.3.2 ILLEGAL STICK & SCORED GOAL

If an attacking player scores a goal and before play resumes, a stick check measurement is requested and the goal scorer's stick is found to be illegal, then the goal is disallowed. If the goal is disallowed, the foul will not be imposed.

2.3.3 RANDOM STICK CHECKS

The officials, between quarters and during timeouts throughout the game, may randomly inspect the stick of any player. Any player who, at the discretion of the official, fails to provide the stick to the official upon request or who attempts to alter the stick after the request shall be assessed a foul for unsportsmanlike conduct. Should the stick be illegal upon inspection, an additional foul shall be assessed.

SECTION TWO – EQUIPMENT

Rule 2.4 PERSONAL EQUIPMENT

2.4.1W EQUIPMENT (WOMEN'S)

Close-fitting gloves, nose guards, and eye guards may be worn by any field Player. All eye guards must meet ASTM F3077 safety standard or a comparable standard of any country or testing organization. A Player may wear prescription glasses or sunglasses, and shatter resistant frames/lenses are strongly recommended. Suitable shoes must be worn.

Note: World Lacrosse does not guarantee the safety of any eye guards worn by a Player. World Lacrosse does not monitor the safety or effectiveness of any eye guard, such as the ability to withstand impact from a ball or stick and does not review or approve the certification process of any country, organization or standards organization

2.4.1M EQUIPMENT (MEN'S)

All Players are required to wear protective gloves, and a protective helmet designed for lacrosse equipped with a facemask and a chinstrap, which must be properly fastened on both sides. Suitable shoes must be worn.

The fingers may not be cut out of a Player's gloves, and the entire finger must be encased within, and must be part of the glove. A Player may not play with their fingers outside the glove. A Player may cut the palms out of their gloves.

2.4.2 MOUTHGUARD

All Players, including the Goalkeeper, must properly wear an intra-oral tooth and mouth protector (mouth guard) which shall be molded to the Player's teeth and jaw, cover all teeth of the upper-jaw and protect the Player from injury. It is recommended that the mouth guard be visible in color.

2.4.3 GOALKEEPER

The goalkeeper must wear a chest or body pad, a helmet designed for field lacrosse with a chin strap that must be fastened, a facemask, and an attached throat protector. The distance that the throat protector hangs from the helmet must be less than the diameter of the ball. In addition to the attached throat protector, a wrap-around type throat protector/collar may be worn.

The goalkeeper must wear padded gloves and may wear shoulder/arm pads, leg pads, and a box/cup (where necessary), as designed by the manufacturer. Hard plastic pieces on goalkeeper gloves are permissible if included by design of the manufacturer. Thumb protectors, if attached during the manufacturing process, are legal/allowed. Shin guards (soccer/football style), compression shorts or pants that conform to the body with or without pads are optional.

All padding must fit securely and not increase the width of the goalkeeper's body beyond the thickness of the padding. With the exception of the Goalkeeper's stick, all equipment worn by a Goalkeeper must be constructed solely for the purpose of protection of the Player's head and body and must not include anything that would assist the Goalkeeper in stopping the ball. The Goalkeeper's uniform, jersey and team shorts/pants shall be worn over the Goalkeeper equipment and shall conform to the body such that the jersey and shorts/pants do not assist the Goalkeeper in stopping the ball.

SECTION TWO – EQUIPMENT

2.4.4 STOPPAGE OF PLAY

Play must be suspended immediately if a Player does not have any of the required equipment, or if during the duration of play, equipment becomes dislodged compromising safety or increasing the risk of injury. The official shall delay the sounding of their whistle as in the slow whistle technique, except that an arm signal is not made under these circumstances.

2.4.5 UNIFORM

All eligible Players of each team shall be dressed uniformly with, as a minimum, matching jerseys and shorts/skorts or kilt of the same dominant team color. Those Players on the team who wear sweatpants or compression pants must wear the same color. Altered uniforms of any kind will not be permitted, including but not limited to a ripped and/or re-stitched jersey. Any Player or Goalkeeper not complying with this Rule shall not be permitted to participate in the game.

The designated Home Team shall wear white or light-colored jerseys; however, this rule may be waived if both coaches agree to do so before the game. When jersey colors are not sufficiently contrasting; the designated Home Team shall change its jerseys.

2.4.6 JERSEY NUMBERS

Each Player and Goalkeeper listed on the team's roster shall wear an individual identifying number at least 15 cm - 21 cm high on the front and 20 cm - 26 cm high back of their jersey. All uniform numbers shall clearly contrast the color of the uniform. A white or light-colored uniform shall have dark-colored numbers; a dark-colored uniform shall have light-colored numbers. The numbers on the front and back of a Player's jersey shall be the same, and no duplicate numbers shall be permitted on the same team. The number on the jersey shall be one or two digits. The numbers must range from 0 to 99.

Rule 2.5 PROHIBITIONS RELATING TO PERSONAL EQUIPMENT

2.5.1 HELMET CAMERA

No Player shall wear any form of body or helmet mounted sports camera, or wear or carry equipment, which, in the opinion of the officials, endangers them or other Players.

2.5.2 JEWELRY

A Player may not wear jewelry or body-piercings. Exceptions to this shall be a medical alert item and/or a religious item. If worn, such an item must be securely taped to the relevant part of the body to prevent it from becoming entangled with the stick or equipment of another Player.



SECTION THREE

THE TEAMS



SECTION THREE – THE TEAMS

Rule 3.1 NUMBER OF PLAYERS

3.1.1 ROSTER

No team may be comprised of more than twelve (12) Players on an active roster, including a minimum of one (1) Goalkeeper.

3.1.2 ELIGIBLE PLAYER LIST

At the beginning of each game, the Head Coach shall list the Players and Goalkeeper(s) who shall be eligible to play in the game. The eligible player list must be entered into the official scorebook or onto the official game sheet no later than 20 minutes before the game and no change shall be permitted in the list or addition thereto. The name of the Captain of both teams shall be included in the list. Also, each team's designated In-Home will be indicated on the line-up and foul summary sheet.

3.1.3 NUMBER OF PLAYERS TO BEGIN A GAME

A full team shall be composed of six (6) Players on the field, which includes five (5) field Players and one (1) Goalkeeper to start the game. Each team must always have a legally equipped Goalkeeper on the field. If, because of injuries or Players out of the game due to fouling out or expulsion fouls or other reasons, a team cannot keep six (6) Players in the game, then it may continue the game with fewer than six (6) Players, but no exceptions will be made to these Rules.

3.1.4 PLAYERS AS A GOALKEEPER

Should a Goalkeeper become incapacitated, an eligible Player listed on the playing roster for that game shall be permitted to wear the equipment of the Goalkeeper.

3.1.5 BENCH

It is the Home Team's decision to choose the bench area which they will occupy during the game. At a World Championship or similar major event, or at any event where the organizers deem it necessary, the Home Team will be allocated the bench area to the left when facing the bench area. In the case of a dispute, the Visiting Team Team is the first out of the changing rooms.

3.1.6 BENCH

Before the commencement of the game, the Head Coach shall nominate an In-Home to the Head Official. The In-Home may be any Player on the team except for a Goalkeeper. The In-Home will serve any non-designated Player foul, 30-second, one-minute, expulsion, or foul by the Goalkeeper. If multiple fouls of this type occur, then the penalties shall be imposed against additional Players who may be any member of the team except for the Goalkeeper and shall be nominated by the Head Coach of the penalized team.

Rule 3.2 CAPTAINS

3.2.1 PRIVILEGES

Each team shall appoint one Captain who alone shall have the privilege of discussing with the Head Official any questions relating to the interpretation of Rules which may arise during the game.

SECTION THREE – THE TEAMS

3.2.2 COMMUNICATION WITH OFFICIALS

Only the Captain, when invited to do so by an official, shall have the privilege of discussing any point relating to the interpretation of the Rules. The Captain needs to ask the official to speak before discussing the interpretation of the Rules.

3.2.3 COMPLAINT ABOUT A FOUL

If a complaint about a foul is not a matter “relating to the interpretation of the Rules” a foul shall be imposed against any Captain or other Player making such complaint.

Rule 3.3 COACHES

3.3.1 DUTIES

It shall be the responsibility of the Head Coach to see that their Players are properly and legally dressed and equipped to play and are ready to always play in accordance with the pre-game and game procedures set out in these Rules. The Head Coach is responsible for the actions of all non-playing members of their team and all persons officially connected with their team. It is the duty of the Head Coach to cooperate with the officials in always keeping the game under control with their Players and not to entice poor sportsmanship from the spectators. Any failure will result in a foul and may be subject to expulsion from the game and additional discipline from the appropriate adjudicatory body.

3.3.2 RESPONSIBILITIES

It shall be the responsibility of the Home Head Coach to see:

- That the playing field is in proper condition for play; and
- That the timekeepers and scorers are present and prepared with all the required equipment necessary for them to carry out their respective functions; and
- That balls and ball persons are provided.

Note: In a World Championship or similar event, the organizers of the event will be responsible for the above, including the required equipment set out in these Rules.

3.3.3 PLAYER-COACH

One or more of a team’s Coaches may be a Player-Coach. The Head Official and the opposing Head Coach must be informed of the jersey number of any such Player-Coach before the start of the game. When a Player-Coach is in the Coaches’ area, no helmet or eye protection shall be worn.

3.3.4 ABSENCE OF A HEAD COACH

In the absence of a Head Coach, the powers, authorities and responsibilities of the Head Coach will fall to an Assistant Coach as nominated by the team. Should there be no Coaches, the powers, authorities and responsibilities of the Head Coach will fall to the one Captain who is designated the official representative of that team on the field.



SECTION FOUR

CONTROL OF THE GAME



SECTION FOUR – CONTROL OF THE GAME

Rule 4.1 THE OFFICIALS

4.1.1 DUTIES

The game shall be controlled by three (3) officials, one of whom shall be designated the Head Official. Their duties shall be equal in all respects, except that, in the settlement of any dispute, the decision of the Head Official shall be final. The officials shall have authority over the play of the game, with control and jurisdiction over the Official Timekeeper, Penalty Timekeepers, Official Scorers, Players, Substitutes, Coaches, anyone officially connected with the teams, and spectators. The officials shall, before the start of each game, see that the appointed table personnel are in their respective places and ensure that all timing and signaling equipment are in order.

4.1.2 AUTHORITY

The authority of the officials shall begin with their appearance on the field of play and terminate only when the officials exit the field of play. Any of the officials may suspend the play of the game and stop all clocks for any reason, which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.

4.1.3 PENALTIES

It shall be the officials' duty to impose penalties as prescribed by this rulebook for infractions thereof. The officials shall designate any foul and report such to the Official Scorer or Penalty Timekeeper. The officials shall see that Players of opposing teams are separated in the Penalty Area to prevent any altercations.

4.1.4 REPORTING OF INCIDENTS

The officials shall report in detail on the game sheet or special incident report any of the following incidents:

- Every obscene gesture or statement made by any person involved in the playing or conduct of the game, including comments of race, sexual orientation, etc. whether a participant, or a representative of either team, which gesture they have personally observed; or
- Any altercation between a spectator and any Player or non-playing team member; or
- When an ejection of a Player or Coach is administered.

4.1.5 REPORTING OF GOALS

The Official Scorer, not the officials, will record each team's goals. The Scorer will verify the score with the reserve/table official at the end of each quarter, and the Scorer's record will be the final score.

Rule 4.2 TABLE PERSONNEL

4.2.1 TIMEKEEPER'S DUTIES

The Official Timekeeper shall keep an accurate account of the time of each quarter and intervals between quarters and all other timeouts. The Timekeeper sounds the horn to resume play when an interval or timeout has elapsed. The Timekeeper's horn in and of itself never stops the play of the game.

SECTION FOUR – CONTROL OF THE GAME

4.2.2 PENALTY TIMEKEEPERS

Two Penalty Timekeepers shall be assigned for each game and shall be equipped with timepieces, which can record time in seconds. The Penalty Timekeepers shall be positioned at either side of the timer's table, behind the Penalty Area. The Penalty Timekeepers shall time the period of any foul imposed by the officials and shall audibly count down the penalty time to the Player concerned and to any substitute who may be about to go on to the field in place of the penalized Player, as follows: "10 seconds, 5 seconds, 4, 3, 2, 1, Release".

4.2.3 OFFICIAL SCORER DUTIES

There shall be an Official Scorer and at least one assistant assigned for each game. The Official Scorer shall keep an accurate record of the goals scored, time of the goal scored, and assist made by each team. The Official Scorer shall record the name and number of the Player scoring the goal and those credited with the assist, keep an accurate record of timeouts (team, Official, television), and notify the officials if either team exceeds the number allowed. The Official Scorer keeps the name and number of each Player upon whom a penalty is administered, the type of foul, time of the quarter when it occurred and the duration. The Official Scorer must notify the officials when any Player accumulates three or more major fouls in the game (fouling out). The Official Scorer shall keep a record of the name and number of both teams' In-Home.

4.2.4 SHOT CLOCK OPERATOR DUTIES

The Shot Clock Operator shall control a separate timing device that shall be used during the entire game including overtime. The 30-Second Clock Operator shall signal the expiration of the shot clock either by use of an electronic scoreboard buzzer or manual horn. Although the 30-Second Clock Operator may sound a horn or electronic device when the 30-second clock expires, the official shall be responsible to signal any violation of the 30-second clock. In the event of a failure of the official shot clock(s), the Shot Clock Operator shall manually time the shot timing duration and notify the on-field officials and teams in increments of 10 seconds and sound the scoreboard buzzer or horn at zero (0) seconds.

Rule 4.3 MISTAKES BY OFFICIALS

4.3.1 CORRECTABLE ERRORS

Where an Official, Official Timekeeper, Penalty Timekeeper, Shot Clock Operator or Official Scorer becomes aware that an inadvertent error has been made which would result in a Player or a team being penalized, they shall promptly correct the error. If a goal is scored prior to the error being corrected and the error is brought to the attention of the officials before play resumes, the officials shall allow or disallow the goal depending on the circumstance.

SECTION FOUR – CONTROL OF THE GAME

4.3.2 INADVERTANT FOUL SIGNALS AND WHISTLE

At the time of an inadvertent whistle, play must be stopped immediately. In the case of an inadvertent delayed foul situation or horn, officials will stop play at the earliest opportunity that does not interfere with an imminent scoring opportunity. Possession shall be awarded as follows:

- For an inadvertent whistle, a team with, or entitled to, possession at the time of the whistle shall re-start play with possession. If neither team has or is entitled to possession at the time of the whistle, the ball shall be awarded by the alternate possession Rule.
- If play continues after an inadvertent foul signal and a goal is scored, the goal will count, and play will be re-started as per normal re-start after a goal.
- If play continues after an inadvertent foul signal and a goal is not scored the ball shall be awarded to the team that had possession when the inadvertent delayed penalty signal was given. Play shall be re-started within two meters of the nearest line.



SECTION FIVE

TIME FACTORS



SECTION FIVE – TIME FACTORS

Rule 5.1 LENGTH OF GAME

5.1.1 GAME LENGTH

The regulation playing time is four (4) quarters of eight (8) minutes each.

5.1.2 QUARTER BREAKS

There shall be a two (2) minute interval between the first and second quarters and between the third and fourth quarters. During these intervals, all Rules governing play of the game shall remain in force.

5.1.3 HALF-TIME

Between the second and third quarters, there shall be a five (5) minute intermission or half-time. Teams may leave the bench areas during half-time.

5.1.3 CHANGE OF DIRECTION OF PLAY

At the conclusion of each quarter, including any overtime periods, each team shall change their direction of play. A team's Defensive Zone from the prior quarter becomes their Offensive Zone, and vice versa.

5.1.4 OVERTIME

When the score is tied at the end of regulation playing time, play shall continue with a full overtime period, with the team leading at the end of overtime being declared the winner.

- Overtime periods are three (3) minutes of stopped time
- There shall be a two (2) minute break prior to the start of the first overtime period and between all subsequent overtime periods
- If a game remains tied after the first overtime period, there shall be a two (2) minute break followed by a second three (3) minute overtime period. This procedure will continue until a winner is decided.

Rule 5.2 GAME CLOCK OPERATION

5.2.1 START OF GAME

The game clock shall begin when the official blows the whistle to start the first Center Draw of each quarter.

5.2.2 CLOCK STOPPAGE

The stoppage of all clocks will occur:

- On timeouts of any kind, or
- During time-served penalty administration, or
- At the end of a quarter, or
- On the official's whistle whenever there is a dead ball during the last two (2) minutes of the fourth quarter or at all whistles during an overtime period

SECTION FIVE – TIME FACTORS

Rule 5.3 SHOT CLOCK OPERATION

5.3.1 SHOT CLOCK RESET

Upon a team gaining possession of the ball, there shall be a 30 second shot-clock. If the shot clock expires without a shot on goal, the ball is awarded to the defensive team.

The shot clock shall only be reset when an official signals for reset of the shot-clock and does so when any of the following apply:

- If a shot hits the goal pipe or rebounds off the Goalkeeper while standing within the goal crease, subject to the following:
 - The head of the Player's stick who takes the shot must be above Goal Line Extended when the ball is released for it to be considered a shot; and
 - The ball must be released from the Player's stick prior to the shot clock expiring.
- Any loose ball technical foul (play-on) by the defense will reset the shot clock if the offended team gains possession.
- Upon the game re-starting after the administration of time serving fouls.
- Change of possession.
- Play is stopped for a defensive injury.
- After the scoring of a goal when the official whistles to re-start play.
- At the end of a quarter unless possession is retained due to an extra Player situation.
- Possession is gained or the ball is awarded after a draw.
- Any situation not covered by the Rules and deemed to be appropriate by the officials.

The shot-clock shall **not** reset when any of the following apply:

- If the shot does not originate from above the Goal Line Extended.
- During a team or official's timeout.
- If the ball hits the Goalkeeper or a defensive Player while outside the goal crease.
- If play is stopped for an offensive injury.
- If there is an inadvertent whistle or a delayed penalty has been signaled.

5.3.2 SHOT CLOCK STOPPAGE

The shot clock shall stop when the ball is out-of-bounds.

5.3.3 SHOT CLOCK ERRORS

In cases where the shot clock does not reset or start within five (5) seconds of the official signaling reset, the officials are instructed to stop play and correct the clock to the appropriate time.

Note: In the event of an imminent scoring opportunity, or if a team is clearing the ball, the officials shall allow the scoring opportunity or clear to continue and stop the play to reset the shot clock when either is complete. Should the officials not know the correct timing of the shot clock at the time of stoppage, it shall be reset to 30 seconds.

SECTION FIVE – TIME FACTORS

Rule 5.4 INTERRUPTED OR INCOMPLETE GAME

5.4.1 WEATHER INTERRUPTION

Where the Event Director, WL Staff, and the tournament's Official-in-Chief determine that weather conditions and/or lightning make it unadvisable for a game to continue, then the game shall be halted in accordance with the World Lacrosse Lightning Protocol. All participants, including Players, officials, table personnel, ball persons and others, shall be required to go indoors at the earliest opportunity.

5.4.2 RE-START AFTER WEATHER INTERRUPTION

If it is subsequently possible to resume the game, then the teams shall be allowed to warm up on the field of play prior to the re-start, as follows:

- If the delay from leaving the field to re-entering the field is more than 20-minutes, then a 10-minute warm up will be allowed.
- By mutual consent of both Coaches, the above warm-up time may be modified.

5.4.3 INCOMPLETE GAME

In the event of a game not being completed because of darkness, bad weather, or any circumstances whereby the Head Official thinks the safety of players is at risk, such uncompleted game shall be referred to the governing body for adjudication of a result.

Rule 5.5 FORFEITED GAME

5.5.1 FAILURE TO APPEAR OR FINISH

A team shall be declared the winner of a game by forfeit if its opponent fails to appear at the appointed time and place for the contest, or for any reason a team fails to finish a contest. The score of such a forfeited game shall be 1-0 against the forfeiting team.

5.5.2 FAILURE TO COMPLY

The Visiting Team shall be declared the winner of the game by forfeit if the field does not meet the specifications set forth in these Rules, or as previously agreed by the competing teams. Any unavoidable local conditions must be agreed to in writing prior to the day of the game.

5.5.3 IMPROPER NUMBER OF PLAYERS

A game will not start if a team has fewer than six (6) players, including those in the Penalty Area. If a team fails to have six players or more players they shall forfeit the game by a score of 1-0. One of the six (6) players must be a designated Goalkeeper.



SECTION SIX

PLAY OF THE GAME



SECTION SIX – PLAY OF THE GAME

Rule 6.1 ACTIONS PRIOR TO THE GAME

6.1.1 WARM UP

When a team is warming up on the field of play, it shall do so in the half of the playing field that is nearest to its own bench area.

6.1.2 CERTIFICATION

The pregame equipment certification by the Head Coach shall act as the team warning. The Head Coach shall certify to the Head Official before the game that all Players:

- Have been informed what equipment is mandatory and what constitutes illegal equipment; and
- Have been provided the equipment mandated by the Rules; and
- Have been instructed to wear and how to wear mandatory equipment during the game; and
- Have been instructed to notify the coaching staff when equipment becomes illegal during the game; and
- Have had their sticks, uniforms and all other equipment inspected by the Head Coach for meeting the Rule specifications.

Note: Certification is achieved by the official asking the Head Coach the following: “Coach, are all your Players legally equipped by these Rules?”

6.1.3 DISCUSSION WITH CAPTAINS

The officials shall call together the Captains at the center of the field prior to the start of the game to perform the coin toss. At this time, any special ground Rules shall be explained.

6.1.4 COIN TOSS

Initial Offensive/Defensive Zones will be determined by a coin toss prior to the start of the game. The Visiting Team Captain shall call the toss. The winner of the coin toss chooses alternate possession or the goal their team will defend for the first quarter. Prior to the first overtime period, an additional coin toss will be utilized to determine goal to defend for the first overtime period and alternate possession shall remain the same as at the end of regulation.

6.1.5 LINE-UP

The officials shall then position the starting line-ups in lines facing each other at the center of the field, with their left sides towards the goal they are defending. Any special ground rules shall be explained.

Rule 6.2 THE STATUS OF THE BALL

6.2.1 LIVE BALL

Once the whistle has blown to start or re-start play, for example at a draw, when the ball is being put back into play after going out-of-bounds, or when the ball is being put back into play after a foul has been committed, then the ball is a live ball.

6.2.2 DEAD BALL

When the whistle blows to stop play, for example because a goal has been scored, the ball has gone out-of-bounds, or a whistle has blown denoting a foul, then the ball is a dead ball.

SECTION SIX – PLAY OF THE GAME

Rule 6.3 POSSESSION OF THE BALL

6.3.1 PLAYER POSSESSION

A Player shall be considered in possession of the ball when in control of it and able to perform any of the normal functions of play such as carrying, cradling, passing or shooting. In addition, the Goalkeeper shall be considered in possession of the ball when any part of their body is touching the goal crease and the ball is possessed or under the Goalkeeper's stick within the goal crease.

6.3.2 TEAM POSSESSION

A team shall be considered in possession of the ball when a Player on that team has possession of the ball (Player possession), or when the ball is passed from a Player to a teammate by throwing, bouncing or rolling the ball.

6.3.3 LOOSE BALL

A ball not in a Player's possession or a Team's possession is a loose ball.

Rule 6.4 CENTER DRAW

6.4.1 STARTING PLAY – QUARTERS AND OVERTIME PERIODS

Each quarter and overtime period will begin with a draw at the center of the field, subject to the following exceptions:

- In the event of an extra-Player situation at the conclusion of any period, then the next period shall be commenced by awarding the ball to the team that had possession at the conclusion of the prior period in the same relative position on the field. However, if the period ends with no team in possession, then a draw shall occur at the center-line, and all the usual draw restrictions shall apply.
- If a draw is about to take place, and a team is guilty of delaying the game, then possession shall be awarded to the non-offending team. At the discretion of the officials, repeated delay fouls may warrant unsportsmanlike conduct.
- If a Player, Coach or non-playing member of a team commits a foul before any draw, the ball will be awarded to the non-offending team at the center of the field and all restricted Players are released, and normal re-start rules apply.

6.4.2W DRAW POSITIONING (WOMENS)

All Players, except the two (2) taking the draw, shall be positioned outside of the five -meter center circle. Two (2) draw opponents shall stand with one foot toeing the center marking, with both hands and feet to the left of the throat of their stick. Their sticks are held in the air above hip level, parallel along the vertical plane of the center-line. The hand at the bottom of the Player's shaft cannot be higher than the hand at the top of the shaft. The sticks will be held back-to-back, the right sidewall is down so that each Player's stick is between the ball and the goal they are defending. A Player's top hand must not contact the throat, the pocket or the sidewall of their stick.

SECTION SIX – PLAY OF THE GAME

6.4.3W DRAW PROCEDURE (WOMENS)

The official shall indicate to both Players to assume their respective positions at the same time. Once the draw Players have assumed their positions, the official shall place the ball between the upper one -third of the head of the sticks and say, “set”. Once this signal is given, both Players must remain motionless (except of moving their heads of their bodies) until the whistle sounds to start play.

When the official sounds their whistle to start the draw, each Player taking the draw must immediately draw their sticks up and away from one another. The flight of the ball must go higher than the heads of both Players taking the draw.

6.4.2M DRAW POSITIONING (MENS)

All Players except the two (2) taking the draw shall be positioned outside of the five-meter center circle. The sticks and gloves of the draw opponents shall rest on the ground up to, but not touching, the line on that Player’s defensive half of the field, parallel to the center-line. The reverse surfaces of the sticks much match evenly, and each Player must have both hands wrapped around the handle of their own stick, not touching any strings, and both gloved hands must be on the ground. No other body part shall touch the stick. Both hands, both feet and helmet must be to the left of the throat of their stick. The heads of the stick shall be perpendicular to the surface. Players may not back out and re-set their positions once the official has initiated the draw position.

6.4.3M DRAW PROCEDURE (MENS)

The official shall indicate to both Players to assume their respective positions at the same time. Once the draw Players have assumed their positions, the official shall place the ball between the upper one -half of the head of the sticks and say, “set”. Once this signal is given, both Players must remain motionless (except of moving their heads of their bodies) until the whistle sounds to start play.

The official shall indicate to both Players to assume their respective positions at the same time. Once the draw Players have assumed their positions, the official shall place the ball between the upper one -half of the head of the sticks and say, “set”. Once this signal is given, both Players must remain motionless (except of moving their heads of their bodies) until the whistle sounds to start play.

6.4.4 OTHER PLAYER POSITIONING

After the sounding of the whistle, all other players may enter the draw circle. As long as the two players who are participating in the draw are in the draw position, and the ball is between and contacting their sticks, it shall be illegal for any other player to contact the body or stick of either of those two players.

- Interfering with the body in any way or checking the stick or hand of either player participating in the draw is a minor foul (loose ball).
- Body checking either player participating in the draw (prior to possession) is a major foul or expulsion foul.

6.4.5 DRAW-RELATED STOPPAGES AND RESOLUTIONS

- If the ball goes directly out-of-bounds from a draw, and the official does not know who touched it last, the ball will be awarded by alternate possession.
- If an official blows their whistle by mistake, then the ball shall be re-drawn at the center-line with the same restrictions as the original draw.
- If both Players draw illegally, or it cannot be determined why the draw was illegal, or the official determines that the draw was unsuccessful because it was not set correctly, the official will reset the draw; however, if a second re-draw is necessary, the ball will be awarded by alternate possession.

SECTION SIX – PLAY OF THE GAME

Rule 6.5 RE-STARTS

6.5.1 TIMING AND LOCATION

In a team's Defensive Zone, once the official has signaled that the ball is ready for play, the re-start shall occur in the same relative position where the ball was when play was stopped. In a team's Offensive Zone, once the official has signaled that the ball is ready for play, the re-start shall occur two meters inside the closest boundary line from where the ball was when play was stopped. The official shall resume play as quickly as play permits. If an opposing Player is within 3-meters of the Player awarded possession of the ball, and the official blows the whistle to re-start play, the opposing Player is not allowed to defend the ball until they reach a distance of at least 3 m from the opponent.

6.5.2 DELAY OF GAME

A violation of the 3-meter area will be a foul (slow whistle) for illegal procedure. On any re-start, no offensive Player may be within three meters of the Player with the ball. If an opposing Player is within three meters of the Player that has been awarded the ball, and the official blows the whistle to re-start play, the opposing Player is not allowed to defend the ball until they reach 3 m from their opponent. A violation will be a delayed penalty for delay of game. On any re-start, no players from the team awarded the ball may be within three meters of the Player with the ball. Officials are instructed to resume play quickly and not be as deliberate with the exact location of the re-start.

6.5.3 OUT-OF-BOUNDS

The spot of the re-start is determined by the location of the ball when the ball was declared out-of-bounds. The Player must be in bounds prior to the official blowing the whistle. The Player who is awarded the ball cannot get a running start from out-of-bounds. The re-starting Player must be at least two (2) meters laterally from the out-of-bounds spot, but if on the bench side, at least five meters from the Substitution Area.

6.5.4 PENALTY TIME

When a foul occurs and penalty time is to be served, the ball will be awarded to the non-offending team in their Offensive Zone on the penalty dot.

6.5.5 TIMEOUT

After a timeout, the team being awarded possession shall start the ball two meters inside the closest boundary line from where the ball was when play was stopped. The closest boundary line may also be the center-line.

6.5.6 CARRY OVER

When a quarter ends with possession carrying over, the re-start location is in the same relative position on the field at the start of the next quarter. If the ball is in a team's Offensive Zone, play will commence two meters inside the closest boundary line from where the ball was when play was stopped. The boundary line may also be the center-line.

6.5.7 AFTER A GOAL

Following any goal, the Goalkeeper must retrieve the ball from the goal and ready it for play. The official shall verbally count and give a visual five-second count with chopping motion just below shoulder height and parallel to the ground. If the Goalkeeper does not retrieve and possess the ball within five seconds, the ball will be awarded to the non-offending team. Once the goalie is ready and no violation of the five second count is observed the official will sound their whistle to start play and signal for a shot clock reset. The official will begin the five-second goal crease count.

SECTION SIX – PLAY OF THE GAME

Rule 6.6 SCORING

6.6.1 GOAL

A goal is scored when the ball, whether loose or not, completely passes through the plane of the goal.

A valid shot on goal is defined as a Player using their stick, with the head of the stick above GLE to throw the ball at their opponent's goal with the intent to score a goal.

6.6.2 SCORER

The last attacking Player who provided enough force or impetus to the ball for it to completely pass through the plane of the goal is the goal scorer and shall be credited with the goal. When a Player on the defensive team provides enough force or impetus to the ball for it to completely pass through the plane of the goal, this is considered an own goal, and the goal shall be credited to the designated In-Home of the offensive team.

6.6.3 NO GOAL

A goal is not scored when the ball passes through the plane of the goal in any of the following circumstances:

- If the ball is released from the shooter's stick after the quarter/period has ended or expiration of the shot clock, regardless of whether or not an official's whistle has sounded.
- After an official's whistle has sounded for any reason, even though the sounding of the whistle may have been inadvertent.
- If a Player from the attacking team interferes with the opposing Goalkeeper, while the Goalkeeper is within their goal crease.
- If the goal scorer is an ineligible or expelled Player.
- When the attacking team has more players than it should have on the actual field of play (excluding the Penalty Area) at the time of the goal.
- When the attacking team's Goalkeeper is in their team's Offensive Zone.
- When the head of the shooter's stick comes off, or any portion of the stick breaks during the shot or the follow-through.
- If a goal has been scored by an attacking Player and, before the next live ball, the shooter's stick is declared illegal for any reason or if the shooter touches or adjusts their stick after an official has requested their stick for a stick check.
- If an offensive Player commits any violation of the Rules prior to the ball entering the goal.
- After a Player from the attacking team has released early from the Penalty Area, either on their own or due to a timekeeper's error:
 - If the penalized Player or their substitute left the Penalty Area on their own accord, the ball shall be awarded to the defense.
 - In the case of a timekeeper's error, the ball shall be awarded to the team in possession at time of the error or, if the ball was loose, by alternate-possession Rule. In all cases, the Player shall return to serve the remaining penalty time.

Rule 6.7 BALL OUT-OF-BOUNDS

6.7.1 SUSPENSION OF PLAY

Play shall be suspended at any time when the ball is out-of-bounds.

SECTION SIX – PLAY OF THE GAME

6.7.2 WITH POSSESSION

When a Player with the ball in their possession steps on or over a boundary line, or any part of their stick or body touches the ground on or over the boundary line, the ball is out-of-bounds, and the Player shall lose possession. The ball shall be awarded to any Player of the opposing team who is ready to re-start play to where the ball was declared out-of-bounds.

6.7.3 WITHOUT POSSESSION

When a loose ball touches a boundary line or the ground outside of a boundary line, touches anything on or outside of a boundary line, or when it has irretrievably left the field of play, the ball is considered out-of-bounds and possession shall be awarded at the spot where it was declared out-of-bounds to any Player on the opposing team to that Player who last touched it. This includes a shot that misses the goal that does not touch a defensive Player before going out-of-bounds.

Exception: Without possession, a shot hitting the goal post, crossbar, or Goalkeeper, that then goes out-of-bounds, will result in a shot clock reset and possession awarded to the offensive team.

Rule 6.8 OVER AND BACK

6.8.1 OVER AND BACK VIOLATION

Once the ball is in the Offensive Zone, the ball shall not touch or go over the center-line returning to the Defensive Zone through actions of the offensive team. If this occurs, it is an over and back violation.

The result is a change of possession and play shall be re-started 2 m from the nearest boundary where the ball was when play was stopped. The boundary line may also be the center-line.

An offensive Player may legally bat the ball to keep it in the Offensive Zone of the field prior to the ball crossing the center-line, but if it is possessed or touched and their feet are in the defensive half, it shall be a turnover.

6.8.2 NO VIOLATION

An over and back violation does not occur in the following situations:

- A valid shot leaves the Offensive Zone.
- A loose ball is leaving the Offensive Zone and the defensive team is called for a loose ball foul (play-on) or causes the ball to go out-of-bounds in the Defensive Zone.
- A loose ball leaves the Offensive Zone and was last touched by the defensive team.

Rule 6.9 10 SECOND COUNT

6.9.1 10 SECOND COUNT PROCEDURE

In all situations, there shall be a ten (10) second count half-field applicable to both teams. When a team gains possession in the defensive half of the field, the ball must cross the center-line within ten (10) seconds of gaining possession. Being across the center-line means both feet of a player in possession of the ball must be in the offensive half of the field, or the ball in flight must be across the center-line and may not be touching the center-line, or if a loose ball crosses the line.

SECTION SIX – PLAY OF THE GAME

6.9.2 STOPPAGES IN THE DEFENSIVE HALF

When play is stopped with a team in possession in their defensive half—whether due to a timeout, deflection out-of-bounds, or at the end of a period—the team will re-start play from a spot 2 m inside the nearest boundary or center-line. Upon resumption, the team is granted a new 10-second count to advance the ball over the center-line. The shot clock continues from where it left off and does not reset.

Rule 6.10 TIMEOUTS

6.10.1 OFFICIAL TIMEOUT

An official may call a timeout for any reason which they deem necessary for the proper enforcement of these Rules or the safe conduct of the game.

6.10.2 INJURY TIMEOUT

Play shall be suspended immediately, when a Player is injured and in the opinion of an official:

- the injury is serious; or
- there is bleeding or blood evident; or
- there is risk of further injury to the Player,

Otherwise, the official shall delay the sounding of their whistle as follows:

- If the attacking team is in possession of the ball and, in the opinion of the official, a scoring play is imminent, then the official shall delay the sounding of their whistle in the same manner as outlined in the section entitled the “Slow Whistle Technique”.
- If the ball is loose, then the official shall delay the sounding of their whistle until possession is secured and, if a scoring play is imminent, the play is completed, in the same manner as outlined in the section entitled the “Slow Whistle Technique”.

6.10.3 INJURED PLAYER

If the clock is stopped to allow a bleeding or injured Player to be treated then, unless a team uses their timeout, the injured Player must leave the field before the start of the next play, and they may not return until the next dead ball. In the event of blood, the Player may re-enter the field of play once the wound has been treated and covered, and/or all obvious blood is disinfected from the Player, uniform and equipment.

6.10.4 TEAM TIMEOUT

A team may request a timeout if they are in possession of the ball in their Offensive Zone or anywhere on the field during a dead ball and entitled to possession. A timeout may be called by a Coach or the Player who has possession of the ball.

6.10.5 DURATION

A team shall be limited to one timeout per half. A team timeout shall be 60 seconds long. A timeout taken between halves is charged to the preceding half. A team may call a timeout prior to the start of the game.

SECTION SIX – PLAY OF THE GAME

Rule 6.11 BALL STUCK

6.11.1 STUCK IN UNIFORM OR EQUIPMENT

If the ball becomes stuck in a Player's uniform or equipment, play shall be suspended immediately, and possession shall be awarded by the alternate possession.

6.11.2 STUCK IN STICK

If at any point the ball becomes stuck in the front or back of a stick, there shall be an immediate whistle and the ball shall be awarded to the opposing team. This applies when a Player loses their stick, and the ball remains in the stick.

6.11.3 GOALKEEPER

Neither situation above applies to the Goalkeeper if they are within their goal crease at the time the ball becomes stuck. In this situation, the ball will be awarded to the defensive team at that spot.

6.11.4 BALL OUT OF PLAY IN GOAL CREASE OR GOAL

Should the ball become stuck in the playing surface within the goal crease or ensnared in the goal netting, time shall be suspended by the officials and the ball shall be awarded to a defensive Player.

Rule 6.12 ALTERNATE POSSESSION

6.12.1 ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball or as dictated by other rule(s), possession shall alternate. The team that wins the opening game coin toss gets the choice of goal to defend or the first alternate possession. For overtime, the team that wins the coin toss gets the choice of goal to defend or the first alternate possession. The Head Official and the Official Scorer's table personnel shall keep track of the alternating possessions. In the event of a dispute, the official's position shall prevail.

Rule 6.13 SUBSTITUTION

6.13.1 SUBSTITUTION PROCEDURE

Substitution may take place at any time through the Substitution Area. When substitution is imminent the substituting Player must wait in the Substitution Area for the Player whom they are replacing to leave the field of play and only then may they enter the field of play. Players may substitute on the fly and they may do so on either side of the center-line, except for a goalie-to-goalie substitution that must occur in the Defensive Zone.

Rule 6.14 THE GOALKEEPER

6.14.1 DESIGNATION

Each team must have a Goalkeeper on the playing field at all times. The Goalkeeper is the Player wearing the mandatory Goalkeeper protective equipment. Where the Goalkeeper is replaced by another Player, that Player must wear the mandatory Goalkeeper protective equipment and shall be deemed to be the Goalkeeper.

SECTION SIX – PLAY OF THE GAME

Rule 6.15 PRIVILEGES OF THE GOALKEEPER

6.15.1 PRIVILEGES AND PROTECTIONS

While in their own goal crease, the Goalkeeper shall have the following privileges and protections:

- The Goalkeeper may stop or block the ball in any manner with their stick or body. When the ball is on the ground and within the goal crease, whether moving or at rest, the Goalkeeper may bat or direct the ball with their hand. The Goalkeeper may not hold the ball, catch the ball, or pick it up with their hand.
- No opposing Player may initiate contact with the Goalkeeper or their stick while the Goalkeeper is within the goal crease whether the Goalkeeper has possession of the ball or not. An attacking Player may reach into the goal crease to play a loose ball, so long as they do not initiate contact with the Goalkeeper.
- If any portion of the stick of the Goalkeeper, when extended outside the cylinder above the goal crease area, except when the ball is in the stick, is subject to being checked under the same circumstances as the stick of any other Player.

Rule 6.16 PROHIBITIONS RELATED TO THE GOALKEEPER

6.16.1 CONTACT

An attacking Player shall not be in an opponents' goal crease or touch any part of the cage while the ball is live in their opponents' defensive half of the field.

6.16.2 RE-ENTRY

A Goalkeeper or Player who is outside the goal crease with possession of the ball may not enter the goal crease. Once a team gains possession of the ball in the goal crease and the ball subsequently leaves the goal crease, the team must not intentionally return the ball to its goal crease until the ball has been possessed by an opposing Player.

6.16.3 FIVE-SECOND COUNT

A Goalkeeper or Player with possession in their Defensive Zone who is in the goal crease may not possess the ball while in the goal crease for longer than five (5) seconds. If a Player tries to circumvent the five (5) second time count by deliberately dropping the ball and then picking it up, then the Player will be assessed a foul.

If a Goalkeeper with possession of the ball outside of the goal crease throws or directs the ball into the goal crease in an effort to re-gain possession or re-set the five (5) second count, then the Goalkeeper will be assessed a foul for illegal procedure.

6.16.4 POSITIONING

A Player is considered to be within the goal crease when any part of their body is touching the goal crease, including the line.

6.16.5M DEFENSIVE PLAYERS IN THE GOAL CREASE (MEN'S)

While in their Defensive Zone, defensive players may:

- Enter the to stop a rolling ball from crossing the goal line.
- Run through, stay in, or play the ball in the crease at any time while their team has possession.

6.16.5W DEFENSIVE PLAYERS IN THE GOAL CREASE (WOMEN'S)

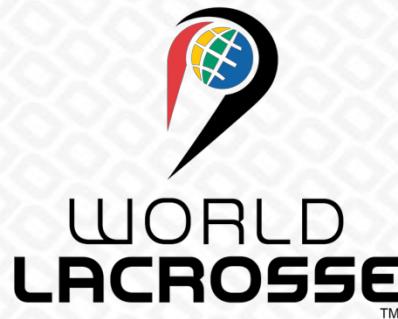
Defenders may run through the goal crease while defending, but only those guarding the ball carrier and within a stick's length may stay in the goal crease.

7



SECTION SEVEN

MINOR FOULS



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SECTION SEVEN – MINOR FOULS

Rule 7.1 MINOR FOULS

7.1.1 DEFINITION OF MINOR FOULS

Minor fouls are those less serious in nature and include all violations except those specifically listed as major fouls or expulsions.

7.1.2 PENALTY TIME FOR MINOR FOULS

The penalty for a minor foul shall be as follows:

- If the offending team has possession of the ball, or if the ball is loose at the time a minor foul is committed, then possession shall be awarded to the non-offending team at the spot of the ball when the foul occurred.
- If the non-offending team has possession of the ball at the time a minor foul is committed, then the foul shall be suspension from the field of play for 30 seconds for the Player committing the foul.

Rule 7.2 TYPES OF MINOR FOULS

7.2.1 INTERFERENCE

Interference occurs when:

- A Player interferes in any manner with an opponent in an attempt to keep them from a loose ball except when both are within three meters of such loose ball.
- A Player, by the use of their body or stick, interferes with a Player who is in pursuit of an opponent who has possession of the ball.
- A Player guards an opponent so closely as to prevent the opponent's free movement when the opponent is not in possession of the ball.
- Pushing, thrusting or flicking their stick towards the face of an opponent by another Player.

7.2.2W PUSHING (WOMEN'S)

A player must not displace another player. They must not detain, hold, or push against an opponent's body, clothing, or stick with their arm, leg or body. A player must not use any part of their stick to hit or push an opponent on or off-ball.

7.2.2M PUSHING (MEN'S)

A player shall not thrust or shove an opponent from the rear. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 m of a loose ball. In this case, pushing shall be done with either closed hand, shoulder, or forearm, and both hands shall be on the stick.

7.2.3 HOLDING

A player shall not impede the movement of an opponent or an opponent's stick. A Player may not:

- Hold, hook or pin an opponent with the stick.
- Hold, hook or pin an opponent's stick against the body of the opponent with the stick.
- Hold an opponent with the free hand that is off the stick.
- Hold the stick of the opponent using any part of their body.
- Step on or pin the stick of an opponent.
- Lie on top of an opponent.

SECTION SEVEN – MINOR FOULS

7.2.4 WITHHOLDING THE BALL FROM PLAY

Players may not withhold the ball from play by:

- Lying on a loose ball.
- Trapping a loose ball with their stick longer than needed to control and pick it up (raking is allowed).
- Holding the stick close to or against their body to shield the ball from an opponent.
- Grasping or “thumbing” the head of the stick to make it harder for an opponent to dislodge the ball.
- Allowing the ball to become caught in any part of their stick, uniform, or equipment.
- **Women’s game:** Cradling the ball above their shoulders and in front of their face, making a legal check impossible.

7.2.5 ILLEGAL ACTIONS WITH THE STICK

- A Player shall not throw their stick under any circumstances.
- All players (except the goalkeeper in the goal crease) must hold their stick with at least one hand to participate in play. If a goalkeeper loses their stick outside the goal crease, they must retrieve it before continuing.
- No player may play with a broken stick. If a stick breaks, the player must immediately leave the field with it. Play stops if the broken stick is a safety risk.
- To exchange a stick, players must leave the field and make the swap in the bench or substitution area.
- If a player loses their stick and retrieving it would break a rule, use the slow whistle. Play stops immediately if the stick is in the goal crease and interferes with the goalkeeper or an attempted shot.

7.2.6 ILLEGAL ACTIONS BY TEAM OFFICIALS

A Coach, Trainer or other person officially connected with a team shall not:

- Enter the field of play without the permission of an official, except during a team timeout or between periods;
- Use artificial aids to communicate with Players on the field of play; or
- Leave their Team Bench Area.

This Rule does not prohibit a Coach from communicating from the Bench Area with a Player who is on the field of play or in the Penalty Area.

Note: The use of technology on the sideline is permitted for coaching purposes. Such technology shall not be used to dispute officiating decisions.

7.2.7 ILLEGAL PROCEDURE

Any procedural violation by a Player not in conformity with these Rules or other regulations governing the play of the game may be termed illegal procedure.

- Leaving the Penalty Area before being authorized to do so by the Penalty Timekeeper is a minor foul. The offending Player shall be returned to the Penalty Area to serve out the unexpired time plus, if appropriate, any additional foul.
 - During any stoppage of play, except for halftime, a Player serving a penalty, may not leave the Penalty Area.
- Participation in the play of the game by an out-of-bounds Player.
- Any breach of the Rules relating to substitution.

SECTION SEVEN – MINOR FOULS

- Any breach of the Rules relating to the goal crease.
- Any breach of the Rules relating to timeouts.
- Having more than a Head Coach and two non-playing personnel in the team bench or the Coaches area.
- A Player entering or leaving the field of play must do so through the Substitution Area, except after the scoring of a goal, at the start or the end of a period and during a timeout of any kind. An exception to this Rule shall be an injured Player.
- Unless permission has been given by an official, a Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall remain in their team's bench area, except when legally on the field of play or legally in the Substitution Area or legally in the Penalty Area. This Rule shall apply at all times, except during the half-time interval.
- A Player may not deliberately enter their opponents' bench area at any time. If, in the normal course of play, a Player inadvertently enters an opponents' bench area from the field of play, then no offence is committed, provided that the Player leaves their opponents' bench area immediately.
- A Goalkeeper with possession of the ball outside of the goal crease area may not throw or direct the ball into the goal crease area in an effort to re-gain possession or re-set the five-second count.
- A Goalkeeper may not circumvent the five second time count by deliberately dropping the ball and then picking it up.

7.2.8 DELAYING THE GAME

A Player is guilty of delaying the game if:

- During a stoppage in play, the Player bats, kicks or throws the ball away. In such a case, if a time penalty is to be served, then the individual concerned must serve the penalty. At the discretion of the officials, such conduct may be construed as unsportsmanlike conduct.

A team is guilty of delaying the game when:

- It is not ready to start the game at the beginning of a period, or after a timeout.
- It is not ready to start the game when the officials are ready to re-start the game after a stoppage has occurred because of a foul or an out-of-bounds ball.
- It is not ready to re-start the game when the officials are ready to re-start the game after equipment has been adjusted.
- It is not ready to re-start the game after an injured Player has been attended to.
- Any type of behavior that, in the official's opinion, amounts to delay.
- A team which does not have the required number of Players on the field of play at the time the whistle is blown to start a Center Draw.
- Failure to be at least three (3) meters from an opponent or a teammate having a free play after a dead ball.
- When a team is guilty of delaying the game, and no individual Player can be identified, and a time penalty is to be served, then it shall be served by the In-Home.

7.2.9 ILLEGAL EQUIPMENT

If a player wears illegal equipment or jewelry, the official will require them to fix it; if the player does not comply immediately, they must leave the field until corrected, and a substitute may enter.

- The first violation is not a foul, and the team and player shall be warned.
- On a second violation, the official will call a minor foul, and the player stays off the field until in compliance.

SECTION SEVEN – MINOR FOULS

7.2.10 OFFSIDE

A team is offside when their Goalkeeper whose body (including a gloved hand on the stick but not including the stick itself) touches, steps on or crosses the center-line.

7.2.11 WARDING

A Player in possession of the ball may not use a free hand or arm, or any other part of their body, to hold, push or control the direction of the movement of the stick or body of an opponent.

7.2.12 CHARGING

A player may not charge, barge, push, or lower their head and/or shoulder to make contact with their opponent that has already established their position.

7.2.13W ILLEGAL GOAL CREASE DEFENDING (WOMEN'S)

Players on the defending team in their defensive end of the field may run through any portion of the goal crease while defending. Only the defensive players who are directly marking the ball carrier within a stick's length may remain in the goal crease while defending. Defenders within the goal circle may play the ball regardless of whether both of their feet are within the goal circle. Players on the defending team in their defensive end of the field may run through or remain in the goal crease when their team is in possession of the ball. Defenders must immediately leave the goal circle when their team loses possession of the ball.



SECTION EIGHT

MAJOR AND EXPULSION FOULS



SECTION EIGHT – MAJOR AND EXPULSION FOULS

Rule 8.1 MAJOR FOULS

8.1.1 DEFINITION OF MAJOR FOULS

Major fouls are those of a more serious nature.

8.1.2 PENALTY TIME FOR MAJOR FOULS

The penalty for a major foul shall be as follows:

- Suspension from the game for a period of one minute. Unless otherwise noted in these Rules, the ball shall be given to the non-offending team. Three or more major fouls by the same Player will result in the Player fouling out and may not take any further part in the game.
- Major fouls assessed to a Team Official or Goalkeeper but served by the In-Home shall not count towards the accumulation of major fouls for the In-Home

Rule 8.2 FOULING OUT

8.2.1 PROTOCOL FOR FOULING OUT

Any Player committing three or more major penalties (or an expulsion foul), shall be “fouled out” of the game, and shall not be allowed to take any further part in it. A substitute for such a Player shall be allowed to enter the game at such a time, as the fouled-out Player would have been permitted to re-enter the game.

Rule 8.3 TYPES OF MAJOR FOULS

8.3.1 ILLEGAL BODY CHECK

Body-checking of an opponent in any form is illegal. This is not intended to eliminate incidental contact of equal pressure between opposing players, legal holds, legal pushes to gain possession of a loose ball, or for the defensive Player to redirect an opponent in possession of the ball and any contact deemed incidental by the game officials.

8.3.2 SLASHING

Players are strictly prohibited from swinging their stick at an opponent’s stick with intentional aggression or reckless disregard. A foul will be called in these situations, regardless of whether contact is made with the opponent’s stick or body.

8.3.2M SLASHING (MEN’S)

In addition to 7.3.2 Slashing above, the following rules apply:

- Striking an opponent on the helmet or neck with the stick is illegal, except when the action occurs as part of a pass or shot.
- A Player must not strike any part of an opponent’s body, except for the gloved hand holding the stick, when attempting to dislodge the ball.

Note: For the purpose of this Rule, incidental or light contact is not considered a strike. The contact must involve a clear and intentional blow—not just a light touch or brush.

SECTION EIGHT – MAJOR AND EXPULSION FOULS

8.3.3 CROSS-CHECK

A Player may not check an opponent with that part of the shaft of their stick that is between their hands, either by thrusting their stick away from their body or by holding it extended from their body.

8.3.4 TRIPPING

A Player shall not intentionally trip an opponent with any part of their stick or body.

8.3.5 UNNECESSARY ROUGHNESS

An excessively violent infraction of the Rules against holding or pushing is a personal foul, designated unnecessary roughness. This includes:

- A deliberate and excessively violent contact made by a defensive Player against an offensive Player who has legally or illegally established a pick shall be designated unnecessary roughness.
- Any avoidable act by a Player that is deliberate and excessively violent shall be designated unnecessary roughness, whether it is with the body or the stick, such as pushing into or lowering one's head and shoulder while making contact with their opponent that has already established their position.

8.3.6 ILLEGAL STICK

If the overall length of the stick, measurement of the stick head, or pocket depth has been determined to be illegal for any reason, or if the official has determined that a stick has been intentionally manipulated in violation of the Rules. This includes:

- No Player shall use a stick with trick construction or stringing/mesh which is designed to hold or camouflage the ball or prevent the normal and free dislodgement of the ball. This shall include the dimensions of the stick. The stick shall be placed in the custody of the Official Scorer for the remainder of the game.
- Any subsequent violation by a Player found to be playing with a stick absent a butt-end.

Note: If a stick check is requested and the stick is found to be legal, a major foul will be assessed against the team requesting the stick check. The In-Home will serve the foul.

8.3.7 UNSPORTSMANLIKE CONDUCT

No Player, substitute, non-playing member of a team, Coach or anyone officially connected with a competing team shall:

- Enter into an argument with an official as to any decision which has been made.
- In any way attempt to influence the decision of an official.
- Use any obscene gesture or statement, including comments of race, sexual orientation, etc. to an official, any member of the opposing team, or spectator.
- Commit any act considered unsportsmanlike by the officials.
- Deliberately use the hand or fingers to play the ball or interfere with the opponent's stick at the draw.
- If anyone on a team—including the Player, teammates, Coaches, or staff—touches the head or stringing of a stick, or tries to interfere with or influence the outcome of a legally requested stick check before it occurs, all involved will receive an unsportsmanlike foul.
- A team or Player, which repeatedly commits the same minor foul, may be assessed an unsportsmanlike conduct foul.

SECTION EIGHT – MAJOR AND EXPULSION FOULS

8.3.8 WALLING

It is illegal for two or more defensive players to form a stationary, parallel, or adjacent stack or wall-type formation in front of the goal or within the goal crease to create a physical barrier that blocks scoring opportunities, instead of actively defending an opponent.

Key Criteria for a violation:

- Two or more defenders are stationary and positioned parallel or adjacent (side-by-side or in a line).
- Defenders are forming a stack or wall-type formation.
- Defenders are not making an active attempt to legally defend an opponent.
- The formation occurs in front of the goal or within the goal crease.

Rule 8.4 EXPULSION FOULS

8.4.1 DEFINITION OF EXPULSION FOULS

Expulsion fouls are most serious in nature and result in ejection from the game.

8.4.2 PENALTY TIME FOR EXPULSION FOULS

The penalty for expulsion fouls shall be as follows:

- The penalty for expulsion foul is the suspension of the offending Player from the field of play for the remainder of game and the In-Home to serve two minutes.
- In the case of such foul against a Player, a Coach, non-playing member of a team, or someone officially connected with a team or a substitute, the In-Home of the offending team shall serve the entire two minutes, plus any other penalty time which the expelled Player has incurred prior to a substitution. The expelled Player will remain under the supervision of their team's Coaches until the end of the game regardless of whether they stay on the bench after expulsion.

8.4.3 EXAMPLES OF EXPULSION FOULS

- Players involved in fighting.
- The act of deliberately striking or attempting to strike an opponent, a non-playing member of the opponents' team, a Coach, a spectator, or anyone controlling the play of the game with the hand, stick, ball or otherwise by a Player, a substitute, a non-playing member of a team, a Coach or anyone officially connected with a team.
- Where the officials have "frozen" the benches because a fight has occurred on the field of play, or for any other reason, by indicating to the team personnel who are on the benches that they should remain there, then any team personnel pushing past an official to join in a fight, or leaving their designated bench area, must be expelled from the game. An exception to this shall be a member of a team's medical staff who leaves their team's designated bench area to attend to an injured member of their team.
- Where two Players from competing teams are fighting and a third participant enters the altercation, then the third Player into the altercation shall also be expelled from the game.
- Refusal to accept the authority of the officials, or the use of threatening, foul or abusive language or gestures, or flagrant misconduct.
- The act of deliberately body checking an opponent in the head or neck area, or from behind.

WOMEN'S GAME: Any dangerous propel is a pass that is thrown or a valid shot that is taken without regard to the positioning of any field player is potentially dangerous. If a dangerous propel directly strikes any Player above the knee, with the exclusion of the Goalkeeper it will result in an expulsion



SECTION NINE

PENALTY ENFORCEMENT



SECTION NINE – PENALTY ENFORCEMENT

Rule 9.1 THE PLAY ON

9.1.1 THE PLAY ON PROCEDURE

Where a Player or Team commits a minor foul(s) during a loose ball situation and no scoring opportunity is imminent, and the offended team may be disadvantaged by the immediate suspension of play, then the official shall visually and verbally signal “Play-on”, and shall withhold the whistle until such time as the situation involving the potential advantage has been completed, as follows:

- If the offended team gains possession of the ball, then the play-on situation has lapsed, and the official will cease the signal.
- If the offended team does not gain possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
- If the offended team commits a foul after the initial play-on then the whistle blows, and the team originally offended will be awarded the ball.
- If any further foul(s) during the play-on warrants time served, then the official shall stop the play immediately and administer the penalties(s). Only those penalties that are deemed to be time served shall be served.

Rule 9.2 THE SLOW WHISTLE

9.2.1 THE SLOW WHISTLE PROCEDURE

If a defensive Player commits a foul, and the attacking team has possession of the ball at the time that the foul occurs, then the official will raise an arm straight into the air and hold the whistle until:

- A goal is scored by the offended team; or
- The ball goes out-of-bounds; or
- A change of possession; or
- The attacking team commits a foul; or
- The shot clock or quarter expires, or the attacking team requests a timeout.

Note : the shot clock reset criteria shall still apply during the slow whistle.

9.2.2 THE SLOW WHISTLE CONSIDERATIONS

If during a slow whistle a goal is scored the following occurs:

- Any minor foul shall not be served, and the ball is awarded to the Goalie for the re-start.
- If a major foul or expulsion foul is committed, then the goal will count, and the ball is awarded to the offended team on the penalty dot.

Rule 9.3 COINCIDENTAL FOULS

9.3.1 COINCIDENTAL FOULS

Coincidental fouls are fouls called on Players of opposing teams during:

- a live ball; or
- A dead ball when sequence cannot be determined.

During a slow whistle or play-on, any foul by the team in possession or entitled to possession shall result in an immediate whistle.

SECTION NINE – PENALTY ENFORCEMENT

9.3.2 COINCIDENTAL FOULS PENALTY TIME

When there is no play-on, or slow whistle in effect during a live ball, or the fouls occur during a dead ball and:

- All fouls are minor: play is stopped, and the fouls offset with no penalty time served.
- A major foul occurs: play is stopped, and all penalized players serve their penalty time.

When there is a slow whistle or play-on is in effect and the team with (or entitled to) possession commits:

- A minor foul(s): play is stopped, and that team entitled to possession serves no penalty time.
- A major foul occurs: play is stopped, and all penalized players serve their penalty time.

9.3.3 AWARDING THE BALL

When awarding the ball, the following shall apply to determine who gets possession:

- If one team incurs more total penalty time than the other, then the team with the lesser total penalty time shall be awarded the ball.
 - For the purpose of totaling penalty time in the case of coincidental fouls, an expulsion foul shall count as a two-minute penalty.
- If the total penalty times are equal, then the team in possession, or entitled to possession of the ball at the time of the first foul shall retain possession of it.
- If the total penalty times are equal, and neither team has possession of, or entitled to possession to the ball at the time of the first foul, then alternate possession shall apply.

Once the ball is awarded, re-starts occur as follows:

- All fouls are minor that offset: award the ball where the whistle sounded to the team entitled to possession.
- Fouls are time serving: the ball is awarded to the team entitled to possession in their Offensive Zone on the penalty dot.

Rule 9.4 PENALTY TIME SERVED

9.4.1 PLAYER COMMITTING FOUL

A Player who has received a time serving foul shall report immediately to the Timer's table. The Player must remain seated in the Penalty Area, subject to the Rules below, until released by the penalty timekeeper. Penalty time will only end when the timing of the foul has expired.

- The timing will begin when the penalized Player is seated in the Penalty Area, or when the whistle blows to re-start play, whichever is the later. The Player must then re-enter the game through the substitution area.
- Foul time shall run concurrent with playing time. During an authorized timeout, or between periods, a penalized Player may not leave the Penalty Area except for half-time but must return at the commencement of play to complete the suspension.
- If a Goalkeeper commits a time-served foul, the following Rules shall apply:
 - The In-Home, and any additional players as warranted, shall serve all goalkeeper time-serving penalties.
 - If a goalkeeper is expelled, the official shall call an officials' Time-Out and allow a reasonable time for proper substitution.

SECTION NINE – PENALTY ENFORCEMENT

Rule 9.5 REPORTING FOULS

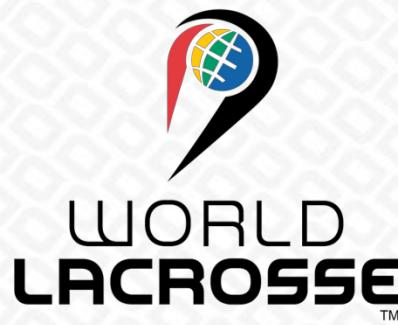
9.5.1 PROCEDURE FOR REPORTING FOULS

The following procedure will apply to the reporting of any penalties:

- The official designates whether a time serving foul has been committed and reports as such to the Penalty Timekeeper.
- The official designates the duration of the foul by raising a green (minor - 30 second) or yellow (major - one minute) or red (expulsion) card.
- The Penalty Timekeeper will record the official's designation of the foul.



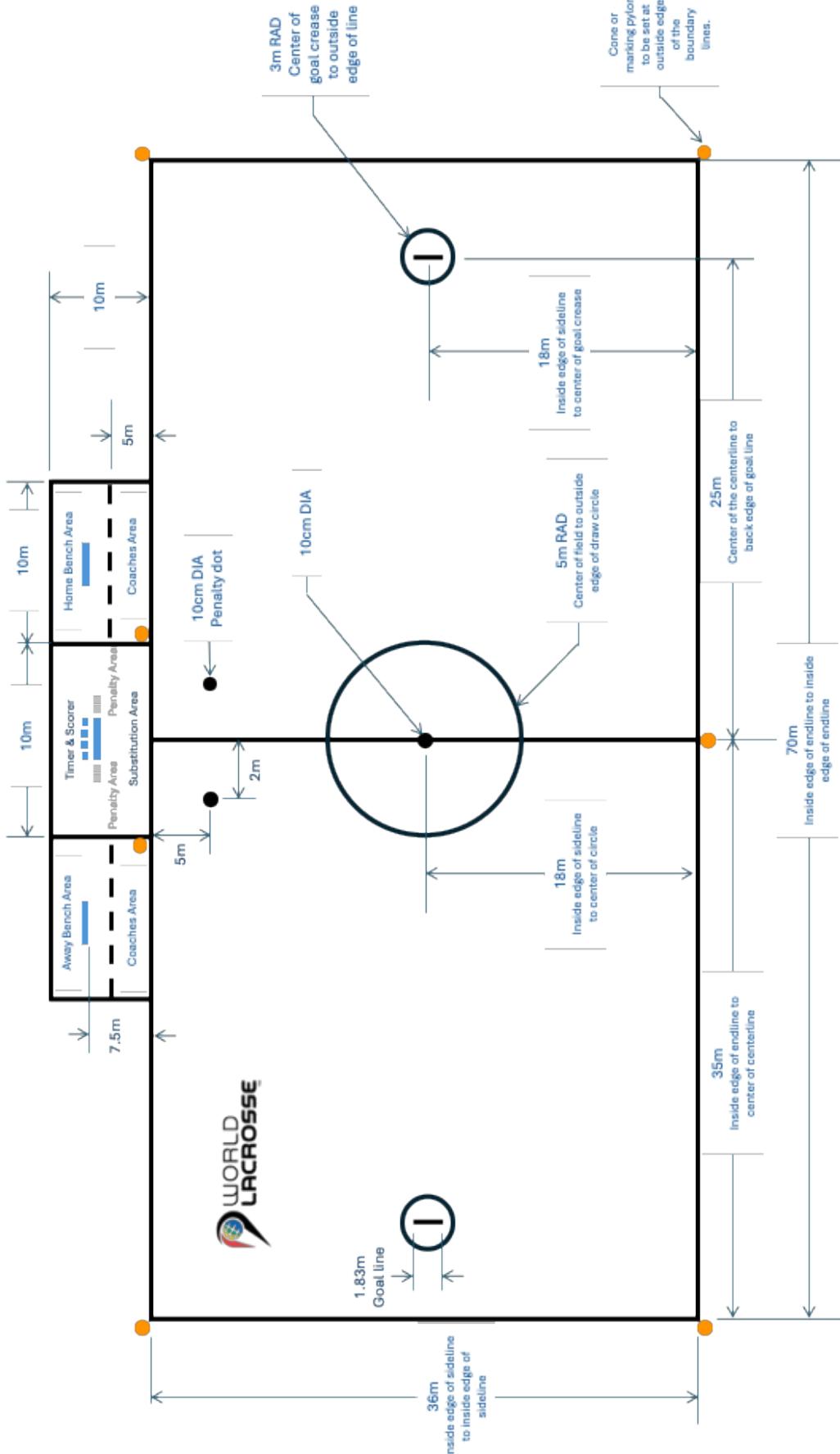
Appendix



APPENDIX A – SIXES FIELD DIAGRAM

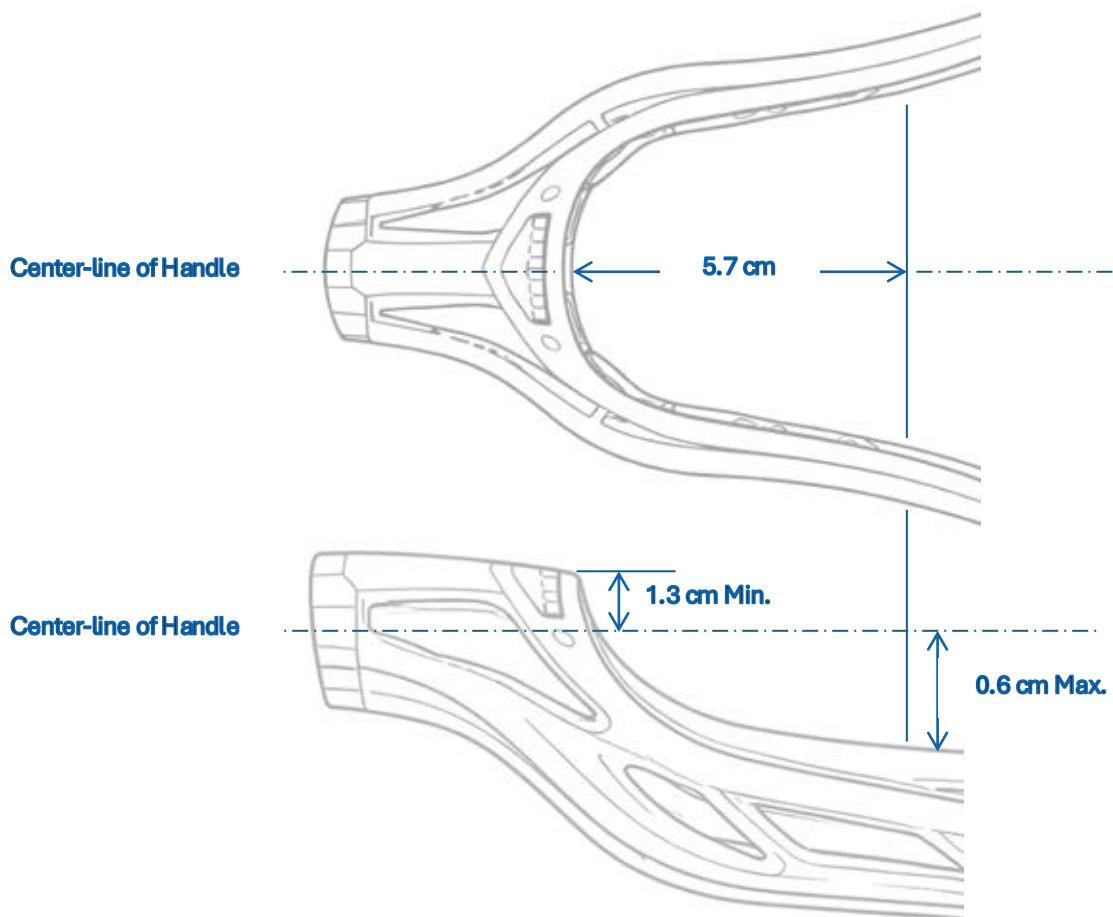
Notes:

- center-line is 10cm wide
- All other lines are 5cm wide
- BLACK lines are field markings, painted in white or contrasting color.
- BLUE lines are labels only



APPENDIX B – WOMENS STICK DIAGRAMS

OFFSET SPECIFICATIONS

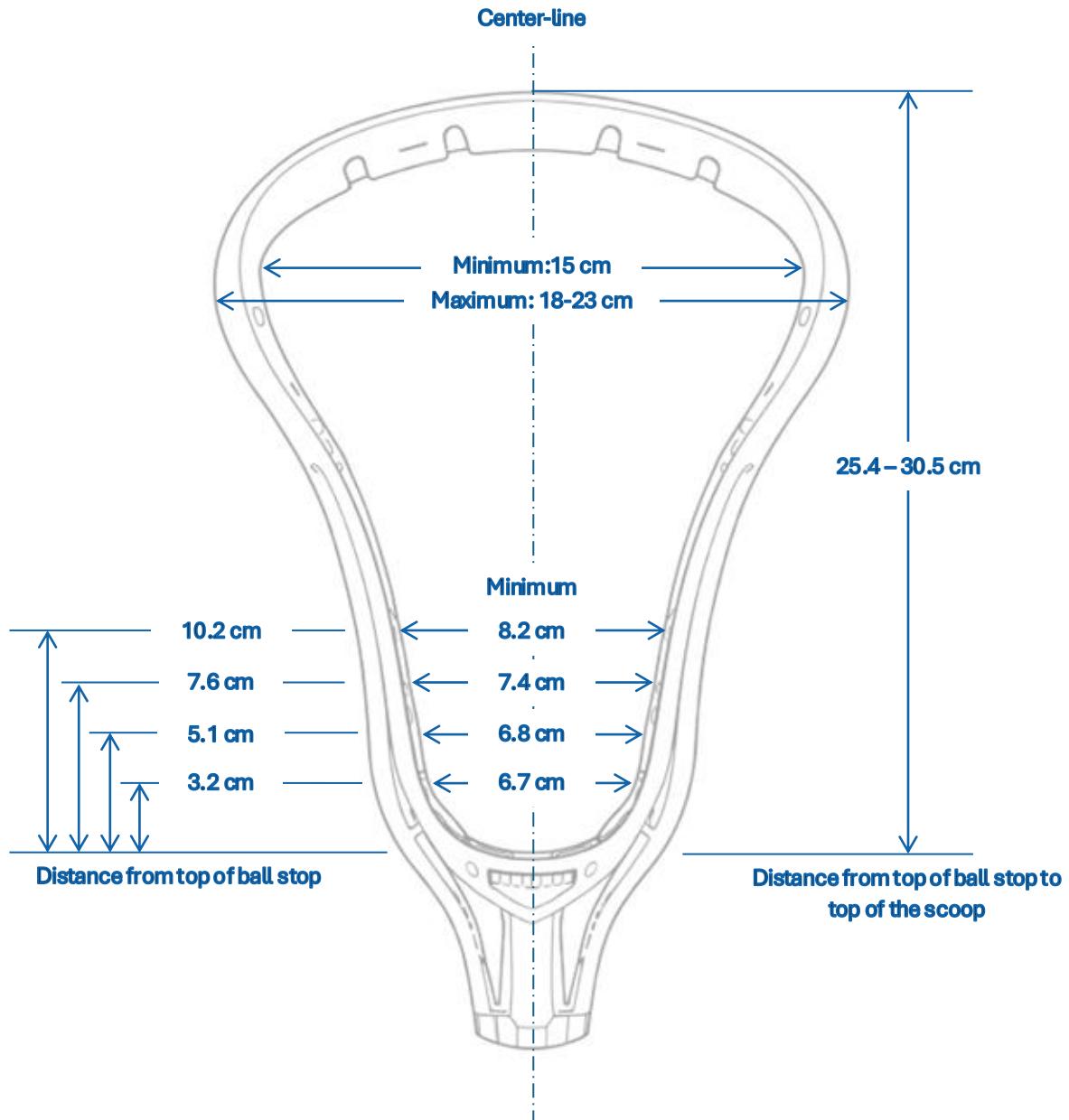


Notes:

- Drawing is not to scale and is for demonstration purposes only.
- At the ball stop, the top of the ball stop must be at least 1.3 cm above the center-line of the handle.
- At 5.7 cm from the ball stop, the top edge of the sidewall may cross the center-line of the handle.
- The top edge of the sidewall may be no more than 0.6 cm below the center-line of the handle.

APPENDIX B – WOMENS STICK DIAGRAMS

TRIANGULAR IN CONCEPT

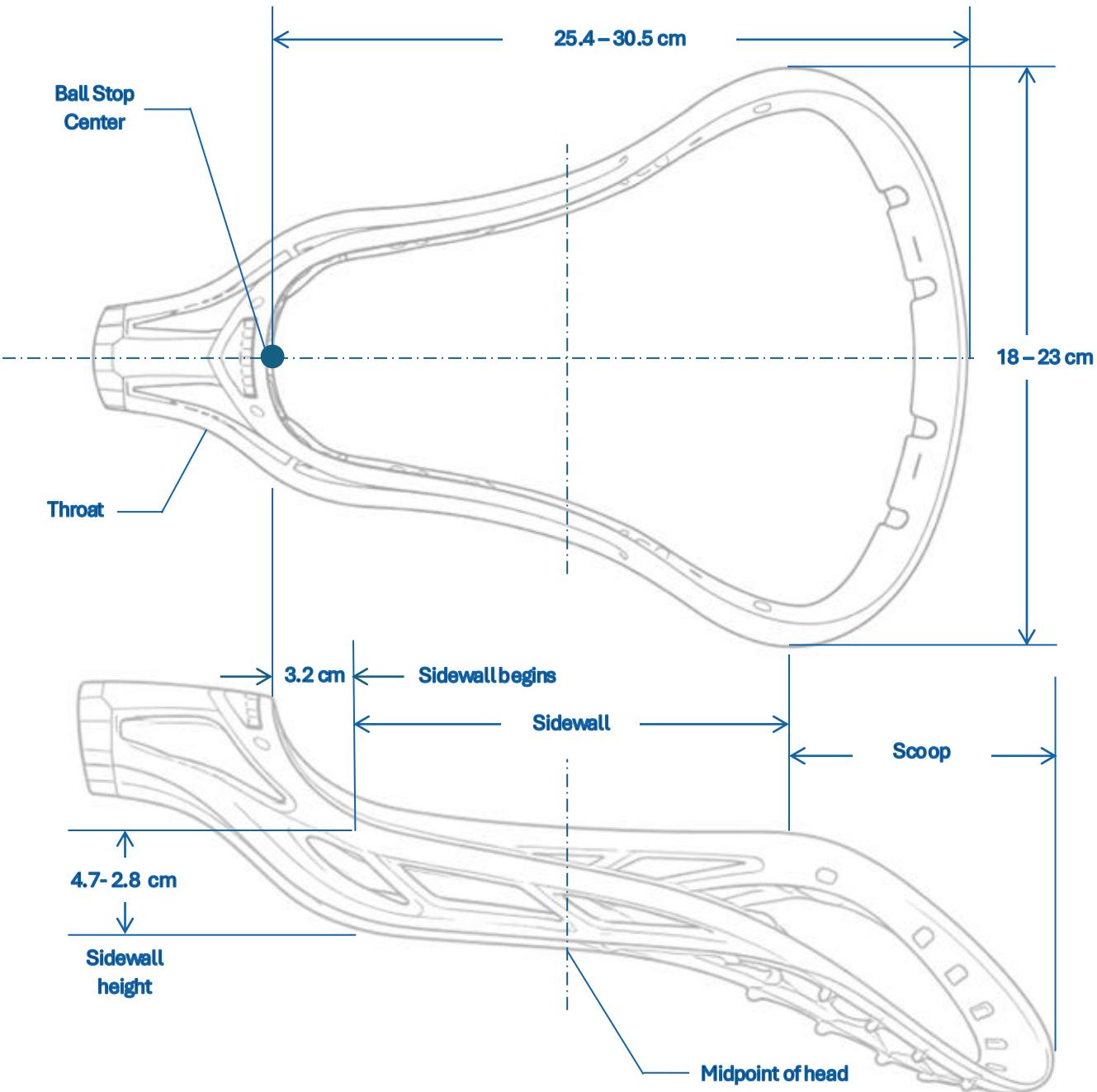


Notes:

- Drawing is not to scale and is for demonstration purposes only.
- Maximum is measured at the widest point, outside the sidewalls.
- Minimum is measured inside the sidewalls.

APPENDIX B – WOMENS STICK DIAGRAMS

PLASTIC/MOLDED HEAD SPECIFICATIONS

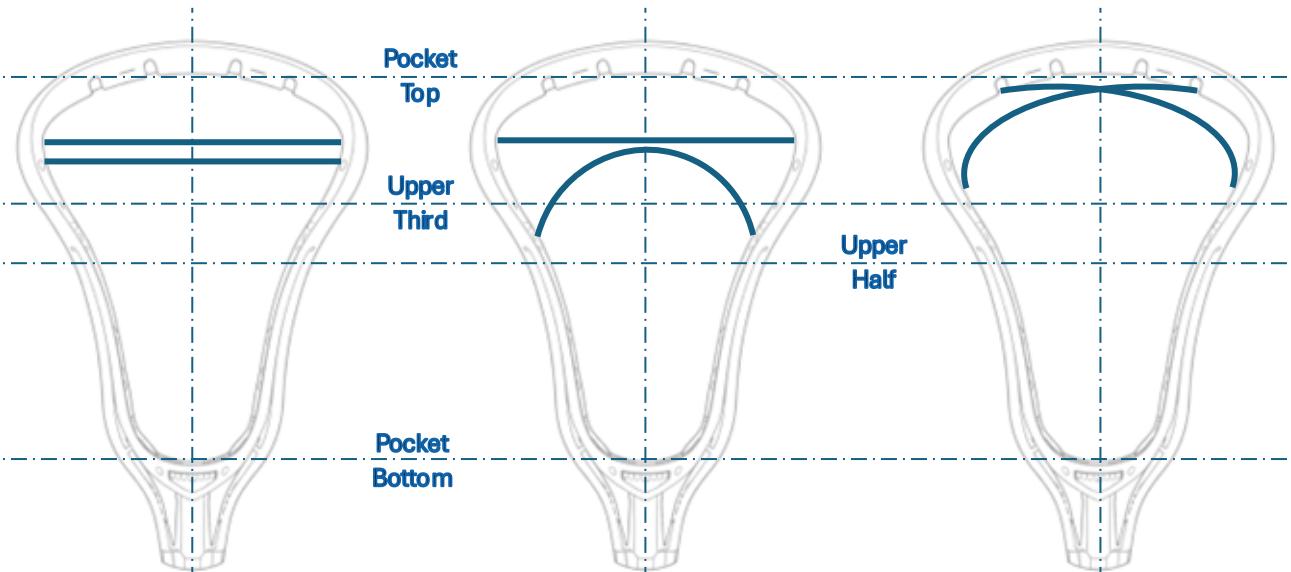


Notes:

- Drawing is not to scale and is for demonstration purposes only.
- Sidewall may taper toward the scoop.
- Sidewall ends at widest point.
- Scoop begins at end of sidewall and extends to tip of the head.

APPENDIX B – WOMENS STICK DIAGRAMS

SHOOTING/THROW STRINGS

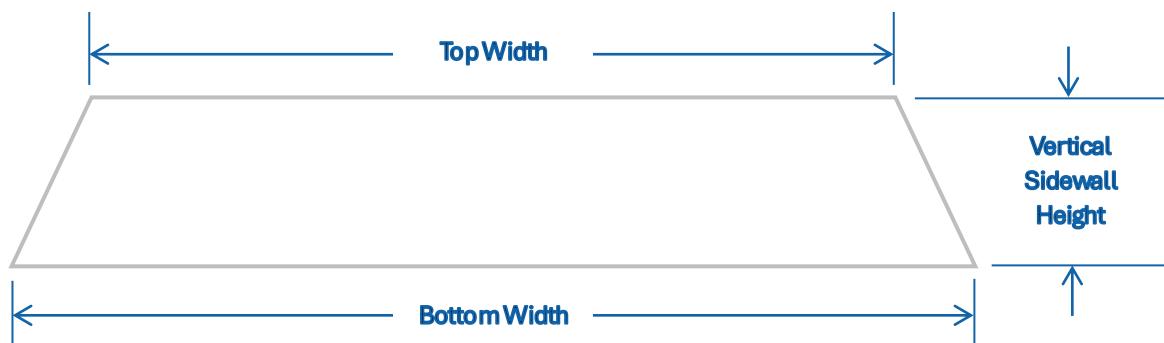


TWO, SEPARATE, HORIZONTAL
THROW STRINGS; BOTH ATTACHED
IN THE UPPER THIRD OF THE HEAD.

TWO, SEPARATE, THROW STRINGS;
ONE HORIZONTAL ACROSS IN
UPPER THIRD OF THE HEAD; ONE
INVERTED "U" IN UPPER ONE-HALF
OF THE HEAD.

TWO, SEPARATE, CURVED, THROW
STRINGS; BOTH ATTACHED IN THE
UPPER THIRD OF THE HEAD; MAY
NOT BE THICK/ROLLED AT POINT
WHERE THEY CROSS.

CROSS SECTION OF UNSTRUNG HEAD



$$\frac{\text{Bottom Width} - \text{Top Width}}{\text{Vertical Sidewall Height}} = < 0.65 \text{ cm}$$

Notes:

- Drawings are not to scale and are for demonstration purposes only.

APPENDIX C – OFFICIALS SIGNALS (PROCEDURAL)



5-SECOND VIOLATION

SHOT-CLOCK VIOLATION

RESET SHOT-CLOCK



TIMEOUT



RE-START



COINCIDENTAL PENALTIES

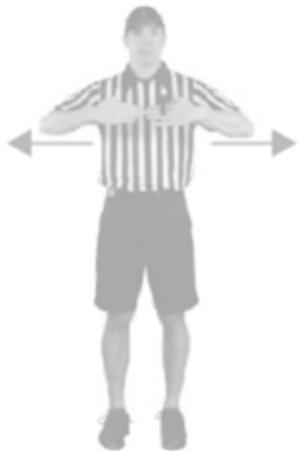
GOAL

NO GOAL

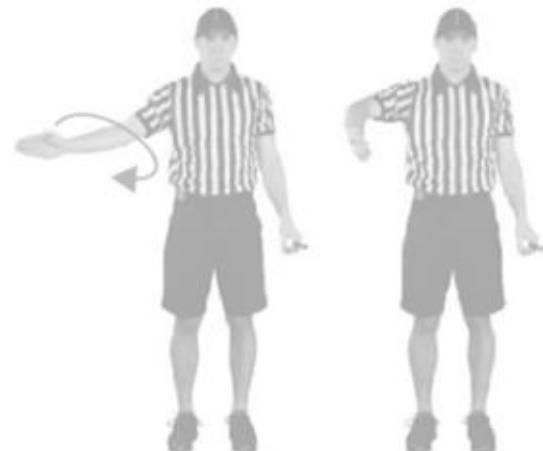
APPENDIX C – OFFICIALS SIGNALS (PROCEDURAL)



DEFLECTION



DRAW



OVER AND BACK / GOAL
CREASE RE-ENTRY



LOOSE BALL



OUT-OF-BOUNDS /
DIRECTION OF PLAY



DELAYED PENALTY



MINOR FOUL (GREEN CARD)



MAJOR FOUL (YELLOW CARD)

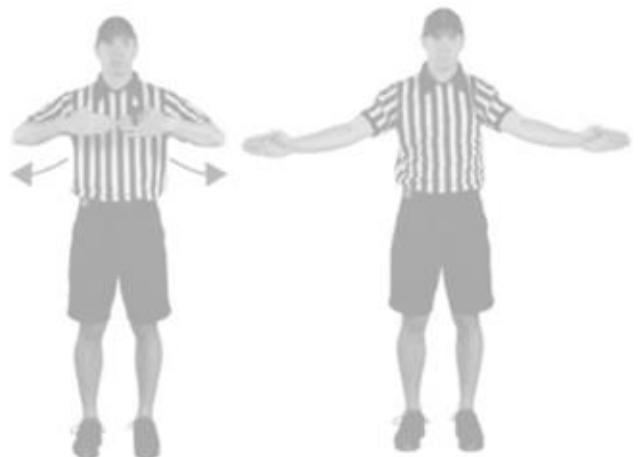


EXPULSION FOUL (RED CARD)

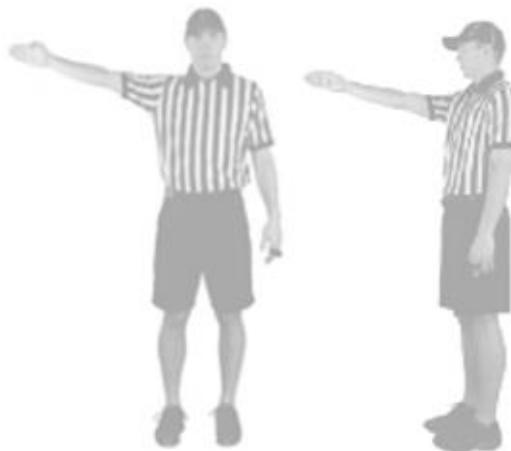
APPENDIX C – OFFICIALS SIGNALS (PROCEDURAL)



POSSESSION



ALTERNATE POSSESSION



PLAY-ON

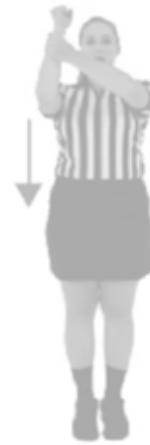
APPENDIX C – OFFICIALS SIGNALS (MINOR FOULS)



INTERFERENCE



OFF-SIDES



HOLDING



PUSHING



WITHHOLDING / COVERING



PINNING



ILLEGAL PROCEDURE



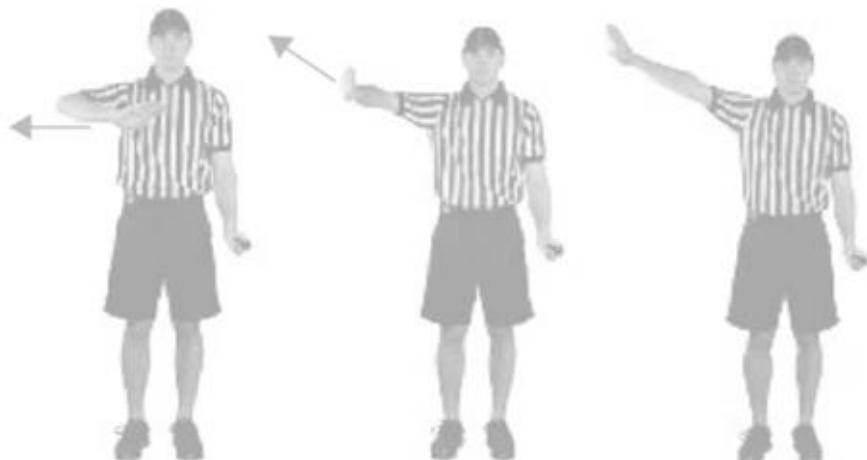
ILLEGAL TOUCHING OF THE
BALL



EMPTY STICK CHECK (W)



APPENDIX C – OFFICIALS SIGNALS (MINOR FOULS)



WARDING OFF



ILLEGAL CRADLE IN THE SPHERE (W)

ILLEGAL PICK

ILLEGAL GOAL CREASE ENTRY

APPENDIX C – OFFICIALS SIGNALS (MAJOR FOULS)



ILLEGAL BODY CHECK



SLASHING



CROSS-CHECK



DANGEROUS FOLLOW
THROUGH (W)



TRIPPING



DANGEROUS PROPEL - RED
CARD - EXPULSION (W)



WALLING

APPENDIX C – OFFICIALS SIGNALS (MAJOR FOULS)



ILLEGAL GOAL CREASE
DEFENDING (W)



UNNECESSARY
ROUGHNESS



UNSPORTSMANLIKE
CONDUCT

APPENDIX D – GLOSSARY

TERM	DEFINITION
BRUSH	In Men's game only, the act of checking with a stick where a player's stick strikes the helmet of an opponent and it is not deemed a definite blow. Mere contact is not considered a strike it must be a definite blow.
CLEARING TEAM	The team attempting to move the ball from the defensive end of the field to its offensive end.
GOAL CREASE	The area in which the Goals are set and where the Goalkeeper has certain privileges that exist only when they are within the crease.
DEFENSIVE ZONE	Defined by a 36 meter by 25 meter rectangle around the goal at the defensive team's half of the field.
DRAW	The way in which each quarter is started.
GOAL LINE EXTENDED (GLE)	Imaginary line running through the goal line and extending from sideline to sideline.
GROUND BALL	A loose ball that is on the ground and can be played.
IN-HOME	Any Player except the Goalkeeper designated by the Head Coach that will serve penalties against their team that are not assigned to a specific Player or any time serving fouls called against the coaching staff.
LOOSE BALL	A ball that is not in possession of any player.
OFFENSIVE ZONE	Defined by a 36 meter by 25 meter rectangle around the goal at the offensive team's half of the field.
PICK	A pick is where a Player sets their feet, before contact is made by the opposition Player to legally block their path. The feet of the Player setting the pick are typically shoulder width apart or less, and their hands and stick are close to their body so that they do not take up more space than they normally would. The picking Player cannot lean into a defender or initiate contact in any way, other than by standing there and the defender running into them. Blind picks in Sixes Lacrosse are considered legal.
PLAY-ON	A mechanic used to indicate a loose ball technical violation and some violations concerning the goal crease and Goalkeeper interference.
PLAYER POSSESSION	When a Player has control of the ball in their stick so that they are able to perform any of the normal functions of control, such as carrying, cradling, passing or shooting.
SHOT CLOCK	A visible timing device that is used to display the amount of time a team has left to take a shot on their opponent's goal.
SLOW WHISTLE	A procedure used when there is a delayed penalty to allow the nonoffending team the opportunity to take a shot on goal prior to the official blowing play dead.
WALLING	Where a team employs a defense that positions players close to one another to create a wall of Players thereby preventing the opposition from shooting on goal.

World Lacrosse is recognized by the International Olympic Committee as the international governing body for lacrosse, responsible for providing effective leadership and governance of the sport internationally while supporting its continued growth worldwide.

